**PositIve Behaviour Learning Focus**

We are presently encouraging the students to keep our school tidy by putting all rubbish in the bin.

**Education Week**

What a busy week we had with our Mini Concert and open classrooms on Monday and the performances at Westfield, Mt Druitt on Wednesday and the Public Education Concert at Rooty Hill RSL on Friday.

I would like to thank Mrs Clark, Mrs Minard, Mrs Gilbert, Ms Delfs, Mrs Goodwin and the students for their hard work in preparing for all of these fantastic performances.

**Dance Group Delights Assembly**

Last Monday the Dance Group performed at the school assembly. This is the first time most of the students have seen their performance. They danced to the song “Brave” and showed great skill and talent. Thank you to the P&C for paying for their costumes, they looked great. Another thank you to Mrs Minard for giving up many lunchtimes to practice their performance.

**Commonwealth Bank Visit**

Lucy and Belinda from the Commonwealth Bank visited our assembly on Monday and spoke about saving money in a Dollarmite account and the special incentives available through school banking. If interested in school banking, please see Mrs Healey in the office.

**St Clair High School Mufti**

A BIG THANK YOU to all of the students who came dressed in Mufti on Wednesday and contributed to our Fund-raiser for St Clair High School. We raised a massive $452.25. Well done St Clair PS!

**Judy Loader**

**Principal**

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**Calendar**

- **Friday 8 August**
  - Kindy 2015 Interviews
- **Monday 11 to Friday 15 August**
  - Swim School
- **Tuesday 12 August**
  - Uni Maths Competition
- **Wednesday 13 August**
  - Mufti! Wear your PJs
- **Thursday 14 August**
  - Milo T20 Cup
- **Monday 18 to Friday 22 August**
  - Support Unit Swim School
- **Wednesday 20 August**
  - Stage 1 Enviro Mentors
- **Thursday 21 & Friday 22 August**
  - District Athletics Carnival
- **Friday 22 August**
  - St Clair HS Trivia Night
- **Tuesday 2 Sept**
  - P&C Meeting
- **Wednesday 3 to Tuesday 9 Sept**
  - Life Education Lessons
- **Wednesday 10 Sept**
  - Book Character Parade

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**Assembly News**

- **Monday 11 August** - Class 15 Item & Merit Awards
- **Monday 18 August** - Athletics Carnival Presentation
- **Monday 25 August** - Class 6 Item, Aussie of the Month, Excellence & Playground Star

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**P & C Meeting**

**Tuesday 2nd September**

7.00pm in the Staffroom

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**Congratulations**

Athena Auw

Aussie of the Month for always being Honest
**Principal’s Awards**

**Congratulations:**
Natalia Lucas, James Gatrick

**For trading 5 Mini Merit**


What a wonderful performance from our school's dance group. They have performed many times in the last two weeks, at the STEPS Music Festival at the Evans Theatre inside Panthers, at Westfield Mt Druitt and at both the Education Week Mini Concert and the School Assembly on Monday. They dance great and look fantastic. Well done!
St Clair PS Playgroup

Parents, carers, babies and children aged 0 to school age come and relax in a friendly environment. All welcome!

Fortnightly on Thursdays from: 9.15 to 11.00 am

Starting: Thursday 21 August, 4 & 18 September

Where: Room 20

Contact: St Clair Public school- 9670 1966 or Catherine Harding- 4732 7914

- Playgroup gives children an opportunity to have fun, make new friends and develop new skills through informal play
- Playgroup provides parents and carers with an opportunity to meet other parents and carers, make friends and share ideas and experiences
- Playgroup also allows parents and carers to spend quality time with their children, encouraging, helping or simply playing with their children
- Playgroup provides lots of exciting activities for the children - painting, play dough, cutting, pasting, dressing up, sand play, climbing and jumping, building with blocks and so much more
- Playgroup will be held once a fortnight.
P&C News

With only 12 weeks to go until our school fete we are happy to say that we have received over 50 stall bookings so far, including candles, jewellery, toys, air brush tattoos, photo booth, plaster painting and lots more! We are now FULL!!! So we are not taking any more stall bookings.

The Norwest Thunderdogs will be there performing agility and flyball demonstrations throughout the day. We will also have performances from St Clair Physical Culture Club, Carol Murray Dance School and Goju Ryu Karate. There will also be visits from the Fire Brigade and the SES as well as many exciting rides and activities!!! If you would like to keep updated with what’s happening at our fete, please check out our “Fete News” on the school notice board!!!

We are excited to let everyone know of the awesome rides that we will be having on the day. There will be a jumping castle, rock climbing, chair-o-plane, giant inflatable clown slide, Jurassic park and dodgem cars! These will all be available to ride using the pre-purchased arm bands for $25 unlimited all day rides. We will be selling these before and after school closer to the day. Arm bands will be available for purchase on the day for $30 and single rides will also be able to be purchased. We will also have water balls which will not be included in the arm bands.

We have had a great response from our request for volunteers on the day of our fete however, we still need more. If you can spare as little as an hour between the hours of 8.00 – 3.30 on Sunday 26th October 2014, please consider helping to make our day a great success. We will need some help manning our school stalls which will be a cake stall, used book stall and show bags as well as needing assistance at our “Side Show Alley” games. That will leave you plenty of time to enjoy the fete yourself with your family. We will also be giving our volunteers a 20% off voucher for Payless Shoes who generously donated to our fete.

We are also in need of some pop up sun shelters, the ones that measure around 3 mtrs x 3mtrs. We will need quite a few on the day to make sure everyone is comfortable while participating in our sideshow alley or shopping at one of our stalls and to also keep our volunteers comfortable. If you are able to help could you please email us at stclairpandc@gmail.com or call Tracey after 3.30pm on 0411 065 565. They will all be labelled clearly to ensure that they are returned to the correct person. We will be happy to pick these up if required.

Canteen News

Reminder - Please order from New Orange Canteen Price list

Also Note: Go Cookies are now 60c

We would like to say in these early days that the new menu changes (everything available every day) is a big success. We hope your children are enjoying having their favourite thing available every day. Remember that the canteen is now open 5 days a week as of 6 August 2014.

We have set up a Facebook page to notify our families of upcoming events at school and keep everyone updated about our fete! Check it out at: http://www.facebook.com/stclairpublicschoolpandc

P & C Calendar

4th September – Father’s Day Stall
26th October – School Fete

Next Meeting Date: - Tuesday 2nd September 7.00pm in the staffroom.

Term 4 – Tuesday 21st October & Tuesday 25th November

Everyone is invited to attend.
Astronomy Night
Saturday, 23 August (7pm – 9pm)

GALACTIC ARCHAEOLOGY
The ongoing adventures in our Milky Way corner of the Universe

In this talk we ask a few of the big questions surrounding our own galaxy, the Milky Way:
We've got Gravity; We've got Dark Matter; What's Missing?

What is behind the mysterious formation of our Galaxy the Milky Way?
What is The Sagittarius Dwarf, and how can it help us understand these questions?

This night will also include a 3D astronomy movie that will run for 15–20 minutes, a tour of the dome area and stargazing through various computerised telescopes. Our program will run regardless of the weather.

Cost: $15 adult, $10 child/concession and $40 family

Bookings are essential: Book online: www.uws.edu.au/observatory.
Enquires: Phone (02) 4736 0135 or email r.mccourt@uws.edu.au
Office Hours Mon, Wed, Thurs 8.30am-3.00pm
Penrith Regional Gallery & The Lewers Bequest is doing a call out for our 2015 Gallipoli Home Front exhibition on 4 April – 24 May 2015.

Do you have a long lost relative or friend that had a connection to the Gallipoli campaign?

We’re on the hunt for personal mementoes such as letters, photos, mouth accordions, pens, pocket knives, pipes, hats, or games. These personal effects will be on display alongside large scale drawings of the intimate spaces and circumstances soldiers lived in such as the trenches, fox holes and tents by acclaimed artist Catherine O’Donnell.

2015 is the 100th anniversary of the eighth month Gallipoli campaign and this exhibition aims to provide an intimate insight to the lives of the soldiers, and describe the tension of being at the war ‘front’ yet keeping a small piece of ‘home’ and identity with them – hence the title Home Front. Please feel free to circulate to friends & family and contact the gallery if you need any further information. Dimity Mullane, Manager Communication & Public Program, Wed- Fri ph:4735 1100 or email: dmullane@penrithcity.nsw.gov.au
**The simplest way...to bust after school hunger**

Try these great fruity recipes that will keep your child satisfied until dinner time.

**Raisin Toast Rippers**
2 slices raisin toast topped with banana and a drizzle of honey.

**Krazy Kebabs**
Fruit skewers with watermelon, grapes, rockmelon, & strawberries, served with reduced-fat yoghurt for dipping.

**Fruity Smoothie**
250mls reduced-fat milk
1 handful of berries
1 banana chopped
Place into blender and mix

For more information visit www.eatittobeatit.com.au or join us at facebook.com/eatittobeatit

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**The simplest way...to make fruity muffins**

This recipe is a fun way to add more fruit into your child’s lunch box. Remember you can add any type of dried fruit that you like to create a new flavour.

**Ingredients**
- 1/2 cup self-raising flour
- 1/2 tsp baking powder
- 1/2 tsp bicarbonate of soda
- 1/4 tsp salt
- 1/4 cup grated cheese
- 1/4 cup reduced-fat milk
- 2 ripe bananas, mashed
- 1 egg
- 200g frozen berries

**Method**
1. Preheat oven to 200°C (180°C for fan-forced)
2. Lightly spray muffin tins with all-purpose cooking spray
3. Sift flour, bicarbonate of soda and salt into a medium bowl, adding the sugar and stirring until well combined
4. Add the egg and milk and stir until just combined
5. Place in prepared muffin tins
6. Bake for 15 minutes or until muffins are firm and a knife inserted into the centre comes out clean
7. Allow to cool on a wire rack

For more information visit www.eatittobeatit.com.au or join us at facebook.com/eatittobeatit

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**The simplest way...to get kids in the kitchen**

Cooking in the kitchen is a great time to catch up with your kids, and get them involved in fruit and veg preparation. Try our top 10 tips for getting kids into the kitchen:

1. Washing veggies
2. Setting the table
3. Mixing the salad
4. Mashing potato
5. Putting toppings on pizzas
6. Choosing and adding fillings to sandwiches
7. Measuring frozen vegies before cooking
8. Picking fruit and veg from the garden
9. Unpacking shopping from the supermarket
10. Get older kids to help peel or chop fruit and vegetables

For more information visit www.eatittobeatit.com.au or join us at facebook.com/eatittobeatit

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**The simplest way...to use legumes**

Did you know that legumes are classified as a vegetable?

Legumes include: baked beans, kidney beans, lentils, chickpeas, cannellini beans and split peas.

They’re high in protein, fibre, B-group vitamins, calcium, iron, phosphorus, zinc, magnesium, folate and anti-oxidants.

**Basically, they are really good for you!** Besides their nutritional value, the great thing about legumes is that they’re very cheap, readily available and easy to use.

Chickpeas make a great addition to casseroles, soups and pasta sauces. Add lentils or kidney beans to minced meat in bolognaise, chilli con carne and nachos.

For more information visit www.eatittobeatit.com.au or join us at facebook.com/eatittobeatit
In week 2, St Clair Public school hosted a two day introductory training session for the Stephanie Alexander Kitchen Garden schools in the Sydney area. It was a really busy week for us. Did you see people in the garden or smell the aromas coming out of the kitchen? That was thanks to the yummy food the training group cooked! It was such a great privilege to be part of teaching new skills, recipes and ideas to different people. The people that attended were from different schools and loved the experience and were amazed by our beautiful garden and kitchen. Thank you students for keeping our kitchen clean and our plants in the garden healthy.

Although we had a really busy week, we did manage to cook, with our kitchen focus being citrus fruits. Class 4 prepared *Citrus Salad with Homemade Ricotta Cheese*, Class 7 cooked *Egg Noodles with Vegetables served with Slithers of Sliced Lemons*, Class 1 cooked *Thai Style Noodles with Vegetables*, Class 6 cooked *Shell Pasta with Garlic and Lemon Silverbeet*, Class 3 cooked *Chicken and Quinoa lettuce Wraps served with Homemade Chilli Sauce* and Class 5 prepared *Stewed Rhubarb with Honey Yoghurt*. Thank you students for working so hard in the kitchen. Next week’s focus is all about Legumes!

*Happy Cooking! Cazendra.*

I would like to say thank you to all the parents and teachers who came last week and bought cakes and coffee from *The Last Crumb*. Our Banana Bread and Apple Crumbles are always available to buy so if you would like them, please come and see me on Monday, Tuesday and/or Thursday 8:30am – 9:00am or 1:30pm – 2:00pm. *The Last Crumb is open the last Thursday of the month from 2:00pm – 2:50pm.* Hope to see you all on Thursday the 28th of August.

I would also like to thank parents who donated oranges, lemons, flour, sugar and empty bottles. If you wish to donate kitchen supplies, we still need items such as white sugar, brown sugar, butter, plain flour, self-raising flour, olive oil and vegetable oil.

ENROL NOW FOR KINDERGARTEN 2015

Please see office for enrolment form.

Please let your friends and neighbours know if they have a child who is turning 5 before 31 July 2015.

Orientation Interviews and meetings are being organised for Friday 8th August 2014.
What a busy couple of weeks we've had! Apart from the usual garden jobs of staking, pruning, watering, weeding, planting, and pest destroying, we've had the Athletics Carnival and a fantastic 2 day workshop with teachers from other Stephanie Alexander Kitchen Garden schools. It was wonderful to be able to show them around the garden and explain how to build a beautiful, healthy, productive garden on a shoestring budget!

The teachers were most impressed with the generosity of our local community in providing us free of charge with boxes, mushroom compost, buckets and scraps for the chooks. Both Cassie and I enjoyed explaining how innovation and ingenuity has saved the school so much money and has been rewarded with an amazing garden and fantastic food! We are looking forward to having another SAKG workshop at the school in October, and are hoping to inspire more teachers with our passion for this great program.

Some of the boxes in our garden are looking very weathered and are going to need replacing in the next 6 months or so. To ensure we get longer use from them, we have begun "painting" the boxes with used cooking oil from one of our local fast food outlets. This will protect the wood of the boxes against the rain, prevent the wood drying out so much, and from splitting and peeling, and thus preserve them for a lot longer.

Winter is a time when growth slows down in the garden and there is more time to do fiddly jobs like seed collecting and preserving. The abundance of pumpkins we currently have is because of seeds collected and saved from last year's pumpkins. I have just finished drying, cleaning and collecting the seeds from some of this year's crop to plant for next year. I had the help of some wonderful patient and focussed children in collecting the tiny black seeds from the basil heads I had harvested and dried over the past month or so. Thank you Caleb, Craig, Jake, Jasmine, Beondce, Ben and all the rest of my wonderful helpers - I really appreciate it! Until next time, happy gardening!

Juanita

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**Donations wanted:**

- Vegetable & herb seeds, seedlings & fruit trees, shooting potatoes, onions, garlic
- Oven dried egg shells (for snail prevention)
- A continual supply of fertiliser (Seasol and Rocket Fuel)
- Irrigation materials i.e. hoses, sprinklers, tap connections, timers etc.

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**Special Thank You To Our Supporters of the Stephanie Alexander Garden Project**

- Fresh’n’fruity - St Clair Shopping Centre - donation of fresh vegetable leaves for chooks.
- Austas for the large wooden boxes
- Camden Farm Mushrooms - for free delivered mushroom compost
Open Classrooms 2014
The students enjoyed showing their parents how to use their XO laptops and lots of other work displayed around the classroom.